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Summer Slaw

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Description

Contributed by Healthy Recipes for diabetic Friends Y-Group

- Makes 4 Servings

Ingredients

- 2 cups slivered fresh baby spinach
- 1 cup grated, peeled and seeded cucumbers
- 1 cup grated, peeled carrots
- 1 cup grated red radishes
- 1 tbsp extra virgin olive oil
- 1 tbsp rice vinegar
- ½ tsp dried oregano

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- ½ tsp dried basil
- ½ cup plain low-fat yogurt (optional)

Directions

1. In large bowl, toss spinach with cucumbers, carrots and radishes.
2. Divide salad into 4 individual serving dishes.
3. In small bowl, combine remaining ingredients for dressing with fork.
4. If creamier dressing is desired, mix in yogurt.
5. Pour into dressing container and serve with salad.

Nutritional information

Per serving:

- 52 Calories | 4g Fat | 5g Carbs | 2g Fiber | 40mg Sodium

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